WHAT IS CLAIMED:

1. An illuminated watch assembly comprising:

a housing, said housing having a side wall, an interior compartment, a watch crystal and channel extending through said sidewall from said interior compartment to the exterior of the housing:

a first means for visible light illumination in said interior compartment, wherein light from said first means for visible light illumination is directed through said channel to the exterior of the housing;

a watch mechanism installed in said interior compartment, said watch mechanism having a face which is visible through said watch crystal;

a second means for near ultraviolet illumination in said interior compartment, wherein light from said second means for illumination is directed into a space defined between said face and said watch crystal;

at least one power source in said interior compartment, said at least one power source providing power for said watch mechanism, said first means for illumination and said second means for illumination; and

a means for selectively and independently energizing said first and second means for illumination.

2. The illuminated watch assembly of claim 1, further comprising:

indicia disposed on said face, said indicia formed from a phosphorescent material, wherein said phosphorescent material is charged by said near ultraviolet illumination thereby causing said phosphorescent material to glow.

- 3. The illuminated watch assembly of claim 1, wherein said first and second means for illumination are light emitting diodes.
- 4. The illuminated watch assembly of claim 3, wherein said first light emitting diode has an output color, said color selected from the group consisting of white, red, blue, yellow and combinations thereof.
- 5. The illuminated watch assembly of claim 3, wherein said first light emitting diode is white and said second light emitting diode has a peak output of approximately 435nm.
- 6. The illuminated watch assembly of claim 1, said at least one power source comprising:
- a first power source providing power for said watch mechanism; and a second power source providing power for said first and second means for illumination.
- 7. An illumination assembly for a watch, said watch having a housing, said housing having a side wall, an interior compartment, a watch crystal, a channel extending through said sidewall from said interior compartment to the exterior of the housing and a watch mechanism installed in said interior compartment, said watch mechanism having a face visible through said watch crystal, said illumination assembly

comprising:

a first means for visible light illumination in said interior compartment, wherein light from said first means for illumination is directed through said channel to the exterior of the housing;

a second means for near ultraviolet illumination in said interior compartment, wherein light from said second means for illumination is directed into a space defined between said face and said watch crystal;

at least one power source in said interior compartment, said at least one power source providing power for said timepiece, said first means for illumination and said second means for illumination; and

a means for selectively and independently energizing said first and second means for illumination.

- 8. The illumination assembly for a watch of claim 7, wherein said watch face includes indicia disposed thereon, said indicia formed from a phosphorescent material, wherein said phosphorescent material is charged by said near ultraviolet illumination thereby causing said phosphorescent material to glow.
- 9. The illumination assembly for a watch of claim 7, wherein said first and second means for illumination are light emitting diodes.
- 10. The illumination assembly for a watch of claim 9, wherein said first light emitting diode is white and said second light emitting diode has a peak output of approximately

435nm.

11. The illumination assembly for a watch of claim 7, said at least one power source comprising:

a first power source providing power for said timepiece; and a second power source providing power for said first and second means for illumination.

12. An illumination assembly for a watch, said watch having a housing, said housing having a side wall, an interior compartment, a watch crystal, a channel extending through said sidewall from said interior compartment to the exterior of the housing and a watch mechanism installed in said interior compartment, said watch mechanism having a face visible through said watch crystal, said illumination assembly comprising:

a first mounting board having a first surface, a second surface opposite said first surface and means for electrical interface, said first mounting board comprising:

a first means for visible light illumination mounted to said first side, and a second means for near ultraviolet illumination mounted to said second side,

said first mounting board being received into said interior compartment, wherein light from said first means for illumination is directed through said channel to the exterior of the housing and light from said second means for illumination is directed into a space defined between said face and said watch

crystal; and

a second mounting board comprising:

means for making electrical contact with said electrical interface on said first mounting board,

at least one power source disposed on said second mounting board, said at least one power source providing power for said timepiece, said first means for illumination and said second means for illumination, and

a means for selectively and independently energizing said first and second means for illumination.

- 13. The illumination assembly for a watch of claim 12, wherein said watch face includes indicia disposed thereon, said indicia formed from a phosphorescent material, wherein said phosphorescent material is charged by said near ultraviolet illumination thereby causing said phosphorescent material to glow.
- 14. The illumination assembly for a watch of claim 12, wherein said first and second means for illumination are light emitting diodes.
- 15. The illumination assembly for a watch of claim 14, wherein said first light emitting diode is white and said second light emitting diode has a peak output of approximately 435nm.

16. The illumination assembly for a watch of claim 12, said at least one power source comprising:

a first power source providing power for said timepiece; and a second power source providing power for said first and second means for illumination.